

HOME PRACTICE

Use this form to help you remember home practice assignments each week. Put a check mark next to the home practice when it's complete.

Week 1: ___ Mood Journal (check off as you complete each day):
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Having more fun (1 activity): _____

Week 2: ___ Mood Journal
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Having more fun (1 activity): _____
(1 physical activity): _____

Week 3: ___ Mood Journal
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Having more fun
(spend time with someone you have not seen lately): _____
___ Reward Contract
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7

Week 4: ___ Mood Journal
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Having more fun (one physical activity): _____
___ Reward Contract
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Getting out of a negative rut: (choose 1 technique): _____

Week 5: ___ Mood Journal
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Having more fun (1 activity): _____
___ Reward Contract
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7
___ Handle a daily hassle (choose 1 technique): _____

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Week 6: ___ Mood Journal
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7

___ Having more fun (one physical activity): _____

___ Reward Contract
___ Day 1 ___ Day 2 ___ Day 3 ___ Day 4 ___ Day 5 ___ Day 6 ___ Day 7

___ Getting out of a negative rut: (choose 1 technique): _____

___ Handle a daily hassle (choose 1 technique): _____
